

A full-page photograph of a muscular man with a beard, flexing his biceps. He is shirtless, wearing dark shorts, and the background is dark. The lighting highlights his muscle definition.

THE PURE BODYBUILDING PROGRAM

UPPER/LOWER

JEFF NIPPARD

IMPORTANT PROGRAM NOTES

READ BEFORE STARTING

Perform a full general warm-up and exercise-specific warm-up every workout as outlined on the next page (should only take 5-10 mins max)

Note that most sets in this program are taken to an RPE of 9-10. This means you will push most sets within ~1 rep of failure or to failure. Make sure you are focused mentally before starting each working set!

All working sets are broken up into Early Sets and Last Sets. The Early Sets are all the sets that come before your Last Set. Usually the Early Sets should be a little bit easier than the later sets (slightly lower RPE) whereas the Last Set is pushed to failure on most (but not all exercises). See The Hypertrophy Handbook for a full explanation of RPE.

There is a Weak Point & Arms day in this program where you will select a weak point from the table below and perform 1-2 exercises for your weak point on this day. Please read The Hypertrophy Handbook for more detail.

Each exercise has a clickable link which demonstrates how to perform the exercise. I suggest watching each exercise demo before starting the workout.

All other aspects of the program, including how to understand the Last-Set Intensity Technique column, when to make an exercise substitution and how to progress through the rep ranges given is explained in The Hypertrophy Handbook. Give it a full read before starting your first workout! Let's crush it!!

WARM UP PROTOCOL	
General Warm-Up	
Perform the following general warm-up before every workout (should take 5-10 mins max). You can save time by doing some of the dynamic stretches as you do warm-up sets for the first exercise.	
5-10 minutes	Light cardio on machine on your choice of machine (treadmill, stairmaster, elliptical, bike, etc.)
10 reps per side	<u>Arm Swings</u>
10 reps per side	<u>Arm Circles</u>
10 reps per side	<u>Front-to-Back Leg Swings</u>
10 reps per side	<u>Side-to-Side Leg Swings</u>
15 reps per side	<u>Cable External Rotation (optional)</u>

Exercise-Specific Warm-Up	
Perform the following exercise-specific warm-up according to the number of warm-up sets listed in the program	
1 Warm-Up Set Listed	Use ~60% of your planned working weight for ~6-10 reps (or until you feel warm and loose)
2 Warm-Up Sets Listed	Perform a mini warm-up pyramid: Warm-Up Set #1 = ~50% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~70% of planned working weight for 4-6 reps
3 Warm-Up Sets Listed	Perform a full warm-up pyramid: Warm-Up Set #1 = ~45% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~65% of planned working weight for 4-6 reps Warm-Up Set #3 = ~85% of planned working weight for 3-4 reps

WEAK POINTS TABLE		
Weak Point	Exercise #1 Options	Exercise #2 Options
Shoulders	1. <u>Cuffed Behind-The-Back Lateral Raise</u> 2. <u>Machine Lateral Raise</u> 3. <u>Dumbbell Lateral Raise</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Machine Shoulder Press</u> 2. <u>Smith Machine Shoulder Press</u> 3. <u>Standing DB Arnold Press</u> Pick one of the options above. Do not do all of them in one day!
Lats (“Back Width”)	1. <u>Cable Lat Prayer</u> 2. <u>DB Lat Pullover</u> 3. <u>Machine Lat Pullover</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Lat-Focused Cable Row</u> 2. <u>Elbows-In 1-Arm DB Row</u> 3. <u>Half-Kneeling 1-Arm Lat Pulldown</u> Pick one of the options above. Do not do all of them in one day!
Quads	1. <u>Leg Extension</u> 2. <u>Reverse Nordics</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Single-Leg Leg Press</u> 2. <u>Sissy Squat</u> Pick one of the options above. Do not do all of them in one day!
Glutes	1. <u>Machine Hip Abduction</u> 2. <u>Cable Hip Abduction</u> 3. <u>Lateral Band Walk</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Barbell Hip Thrust</u> 2. <u>Single-Leg DB Hip Thrust</u> Pick one of the options above. Do not do all of them in one day!
Chest	1. <u>Low Incline DB Flye</u> 2. <u>Low-To-High Cable Crossover</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Chest Press Machine</u> (incline if upper pecs are lagging, flat if entire chest is lagging) 2. <u>Dumbbell Chest Press</u> (incline if upper pecs are lagging, flat if entire chest is lagging) Pick one of the options above. Do not do all of them in one day!
Neck	1. <u>Plate-Loaded Neck Curls</u>	1. <u>Head Harness Neck Extension</u> 2. <u>Plate-Loaded Neck Extension</u> Pick one of the options above. Do not do all of them in one day!

Weak Point	Exercise
Hamstrings	There is a lot of hamstrings volume in this program. If they are a weak point for you, simply focus on executing the exercises listed with your best effort and execution rather than adding more volume.
Calves	Rather than adding more calf training volume, focus on the execution of the sets given in the program first. Ensure you are pausing at the bottom of each rep and reaching a high level of effort. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Mid-Back (“Back Thickness”)	There is a lot of mid-back volume in this program. If this is a weak point for you, simply focus on executing the exercises listed with your best effort and execution rather than adding more volume. Really focus on squeezing your shoulder blades together on the positive and feeling your back pull apart on the negative when doing mid-back focused rows.
Upper Traps	The upper traps shouldn’t require a high level of volume to grow, especially when there is a lot of mid-back work. Before adding sets, focus on the execution of the sets given in the program first. Ensure you are squeezing your traps at the top of each rep and reaching a high level of effort. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Abs	The abs shouldn’t require a high level of volume to grow. If you are wanting to see your abs, your diet will be mainly responsible for lowering your level of abdominal fat to allow them to show through. Before adding sets, focus on the execution of the sets given in the program first. Ensure you are allowing your lower back to round on crunches and leg raises as you squeeze your abs. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Biceps	Because there is a dedicated arm day in this program and the biceps will get plenty of indirect work back exercises, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.
Triceps	Because there is a dedicated arm day in this program and the triceps will get plenty of indirect work from pressing, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.

BLOCK 1: 5-WEEK BUILD PHASE															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
OPTIONAL REST DAY															

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UPPER #2	Super-ROM Overhand Cable Row	N/A	1-2	3	10-12					~9	10	~1-2 min	Overhand Machine Row	Arm-Out Single-Arm DB Row	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	Machine Shoulder Press	Dropset	2-3	3	10-12					~9	10	~1-2 min	Cable Shoulder Press	Seated DB Shoulder Press	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	Assisted Pull-Up	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Lat Pulldown	Machine Pulldown	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	Paused Assisted Dip	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Machine Chest Press	Decline Barbell Press	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	Inverse DB Zottman Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	Slow-Eccentric DB Curl	Hammer Curl	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	Super-ROM DB Lateral Raise	N/A	1	3	12-15					~9-10	10	~0.5-1 min	Cable Upright Row	DB Lateral Raise	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	Cable Reverse Flye (Mechanical Dropset)	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	Reverse Pec Deck	Bent-Over Reverse DB Flye	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

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						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
OPTIONAL REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Super-ROM Overhand Cable Row	N/A	1-2	3	10-12					~9	10	~1-2 min	Overhand Machine Row	Arm-Out Single-Arm DB Row	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	Machine Shoulder Press	Dropset	2-3	3	10-12					~9	10	~1-2 min	Cable Shoulder Press	Seated DB Shoulder Press	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	Assisted Pull-Up	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Lat Pulldown	Machine Pulldown	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	Paused Assisted Dip	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Machine Chest Press	Decline Barbell Press	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	Inverse DB Zottman Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	Slow-Eccentric DB Curl	Hammer Curl	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	Super-ROM DB Lateral Raise	N/A	1	3	12-15					~9-10	10	~0.5-1 min	Cable Upright Row	DB Lateral Raise	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	Cable Reverse Flye (Mechanical Dropset)	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	Reverse Pec Deck	Bent-Over Reverse DB Flye	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
OPTIONAL REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Super-ROM Overhand Cable Row	N/A	1-2	3	10-12					~9	10	~1-2 min	Overhand Machine Row	Arm-Out Single-Arm DB Row	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	Machine Shoulder Press	Dropset	2-3	3	10-12					~9	10	~1-2 min	Cable Shoulder Press	Seated DB Shoulder Press	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	Assisted Pull-Up	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Lat Pulldown	Machine Pulldown	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	Paused Assisted Dip	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Machine Chest Press	Decline Barbell Press	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	Inverse DB Zottman Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	Slow-Eccentric DB Curl	Hammer Curl	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	Super-ROM DB Lateral Raise	N/A	1	3	12-15					~9-10	10	~0.5-1 min	Cable Upright Row	DB Lateral Raise	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	Cable Reverse Flye (Mechanical Dropset)	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	Reverse Pec Deck	Bent-Over Reverse DB Flye	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

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						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
OPTIONAL REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Super-ROM Overhand Cable Row	N/A	1-2	3	10-12					~9	10	~1-2 min	Overhand Machine Row	Arm-Out Single-Arm DB Row	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	Machine Shoulder Press	Dropset	2-3	3	10-12					~9	10	~1-2 min	Cable Shoulder Press	Seated DB Shoulder Press	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	Assisted Pull-Up	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Lat Pulldown	Machine Pulldown	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	Paused Assisted Dip	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Machine Chest Press	Decline Barbell Press	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	Inverse DB Zottman Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	Slow-Eccentric DB Curl	Hammer Curl	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	Super-ROM DB Lateral Raise	N/A	1	3	12-15					~9-10	10	~0.5-1 min	Cable Upright Row	DB Lateral Raise	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	Cable Reverse Flye (Mechanical Dropset)	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	Reverse Pec Deck	Bent-Over Reverse DB Flye	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 5 WEEKS!															
WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	N/A	1-2	3	10-12					~7-8	~8	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7	~8	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~6-7	~7-8	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~7	~8	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	8-10					~7-8	~8	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~7-8	~8	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~7-8	~8	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~7	~8	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~7	~8	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	2	4, 6					~7	~7	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~7	~8	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~7-8	~8	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
OPTIONAL REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Super-ROM Overhand Cable Row	N/A	1-2	2	10-12					~7	~8	~1-2 min	Overhand Machine Row	Arm-Out Single-Arm DB Row	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	Machine Shoulder Press	N/A	2-3	3	10-12					~7	~8	~1-2 min	Cable Shoulder Press	Seated DB Shoulder Press	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	Assisted Pull-Up	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9	10	~2-3 min	Lat Pulldown	Machine Pulldown	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	Paused Assisted Dip	N/A	2	2	8-10					~6-7	~8	~2-3 min	Decline Machine Chest Press	Decline Barbell Press	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	Inverse DB Zottman Curl	N/A	1	2	10-12					~7-8	~8	~1-2 min	Slow-Eccentric DB Curl	Hammer Curl	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	Super-ROM DB Lateral Raise	N/A	1	3	12-15					~7-8	~8	~0.5-1 min	Cable Upright Row	DB Lateral Raise	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	Cable Reverse Flye (Mechanical Dropset)	Mechanical Dropset (on all sets)	0	3	5,4,3+					~7-8	~8	~1-2 min	Reverse Pec Deck	Bent-Over Reverse DB Flye	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~7	~8	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Leg Press</u>	N/A	2-4	3	8					~6-7	~6-7	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~5-6	~6-7	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>A1: Machine Hip Adduction</u>	N/A	1	2	10-12					~7-8	~8	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	2	10-12					~6-7	~6-7	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~7-8	~8	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~7-8	~8	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~7-8	~8	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~7-8	~8	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~7-8	~8	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~7-8	~8	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

BLOCK 2: 5-WEEK NOVELTY PHASE															
WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
OPTIONAL REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Chest-Supported Machine Row</u>	Long-length Partials (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Glute-Ham Raise</u>	N/A	2-3	3	8					~8-9	~9-10	~3-4 min	<u>Nordic Ham Curl</u>	<u>Seated Leg Curl</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Control the negative and squeeze your hamstrings to pull yourself up!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
OPTIONAL REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Glute-Ham Raise</u>	N/A	2-3	3	8					~8-9	~9-10	~3-4 min	<u>Nordic Ham Curl</u>	<u>Seated Leg Curl</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Control the negative and squeeze your hamstrings to pull yourself up!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
OPTIONAL REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Glute-Ham Raise</u>	N/A	2-3	3	8					~8-9	~9-10	~3-4 min	<u>Nordic Ham Curl</u>	<u>Seated Leg Curl</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Control the negative and squeeze your hamstrings to pull yourself up!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
OPTIONAL REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Dual-Handle Lat Pulldown (Mid-back + Lats)	N/A	1-2	3	10-12					~9	10	~2-3 min	Overhand Lat Pulldown	Pull-Up	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Seated DB Shoulder Press	N/A	2-3	3	10-12					~9	10	~1-2 min	Seated Barbell Shoulder Press	Standing DB Arnold Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Chest-Supported Machine Row	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Chest-Supported T-Bar Row	Helms Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Decline Machine Chest Press	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Smith Machine Press	Decline Barbell Press	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	Concentration Cable Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	DB Concentration Curl	DB Preacher Curl	Place your working elbow against your knee and perform strict form curls.
	Cross-Body Cable Y-Raise	N/A	1	3	10-12					~9	10	~2-3 min	Machine Lateral Raise	DB Lateral Raise	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	Rear Delt 45° Cable Flye	N/A	1	3	12-15					~9-10	10	~1-2 min	DB Rear Delt Swing	Bent-Over Reverse DB Flye	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

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						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Glute-Ham Raise</u>	N/A	2-3	3	8					~8-9	~9-10	~3-4 min	<u>Nordic Ham Curl</u>	<u>Seated Leg Curl</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Control the negative and squeeze your hamstrings to pull yourself up!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
OPTIONAL REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	Dual-Handle Lat Pulldown (Mid-back + Lats)	N/A	1-2	3	10-12					~9	10	~2-3 min	Overhand Lat Pulldown	Pull-Up	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Seated DB Shoulder Press	N/A	2-3	3	10-12					~9	10	~1-2 min	Seated Barbell Shoulder Press	Standing DB Arnold Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Chest-Supported Machine Row	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	Chest-Supported T-Bar Row	Helms Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Decline Machine Chest Press	N/A	2	3	8-10					~8-9	10	~2-3 min	Decline Smith Machine Press	Decline Barbell Press	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	Concentration Cable Curl	N/A	1	2	10-12					~9-10	10	~1-2 min	DB Concentration Curl	DB Preacher Curl	Place your working elbow against your knee and perform strict form curls.
	Cross-Body Cable Y-Raise	N/A	1	3	10-12					~9	10	~2-3 min	Machine Lateral Raise	DB Lateral Raise	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	Rear Delt 45° Cable Flye	N/A	1	3	12-15					~9-10	10	~1-2 min	DB Rear Delt Swing	Bent-Over Reverse DB Flye	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Glute-Ham Raise</u>	N/A	2-3	3	8					~8-9	~9-10	~3-4 min	<u>Nordic Ham Curl</u>	<u>Seated Leg Curl</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Control the negative and squeeze your hamstrings to pull yourself up!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															